



State of the Art Safety Standards in RA  
THE EUROPEAN SOCIETY OF REGIONAL  
ANAESTHESIA & PAIN THERAPY

**ASRA**  
PAIN MEDICINE



**AFRICAN**  
Society of  
Regional  
Anaesthesia



Joining Hands for  
a Pain Free Future Worldwide

# 1<sup>ST</sup> WORLD DAY OF REGIONAL ANAESTHESIA & PAIN MEDICINE

Saturday, 27 January 2024

- One Day
- One Common Scientific Program
- In over +100 Cities across all Continents

# WORLD DAY

Your Local Face-to-Face Meeting  
There must be one city around you!

**PAJUNK**<sup>®</sup>  
Trust Tradition. Experience Innovation.



ESRA Office: Rue de Chantepoulet 10, 1201 Geneva, Switzerland  
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Info and Registrations  
[esraeurope.org](https://esraeurope.org)

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## ORGANIZING & SCIENTIFIC COMMITTEE

### ESRA

#### Chair

Sebastien Bloc (France)

#### Members

- Barbara Breebaart (Belgium)
- Dan Dirzu (Romania)
- Peter Merjavy (UK)
- Axel Sauter (Norway)
- Kassiani Theodoraki (Greece)

### Sister Societies & Continents Representatives

#### USA – ASRA Pain Medicine

Stuart Grant (North Carolina, USA)  
Jeff Gadsden (North Carolina, USA)

#### CANADA – CAS RA SIG

Vishal Uppal (Halifax, Canada)

#### LATIN AMERICA – LASRA

Juan Carlos De La Cuarda (Chile)  
Ana Herrera (Costa Rica)

#### AFRICA – AFSRA

Ezzat Samy Aziz (Egypt)  
Mohamad Mostafa Mohamad (Egypt)

#### ASIA – AOSRA Pain Medicine

Balavenkat Subramanian (India)  
Suwimon Tangwiwat (Thailand)

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## WELCOME MESSAGE

Dear Colleagues, Dear Friends

ESRA, together with its Sister Societies AFSRA, ASRA Pain Medicine, AOSRA and LASRA, is launching the **1st World Week of Regional Anaesthesia and Pain Medicine**, from Saturday 20th to Saturday 27<sup>th</sup> January 2024. During this week, Regional Anaesthesia (RA) and Chronic Pain physicians around the globe will connect together, to shine a spotlight on the critical fields of RA and Pain Medicine, under the inspiring theme “**Joining Hands for a Pain Free Future Worldwide**”. This week will also set the stage for its Highlighting Event; the Climax and Grand Finale will be the **1st World Day of Regional Anaesthesia & Pain Medicine**, which will take place on Saturday 27<sup>th</sup> January 2024, or at an alternative date during the aforementioned week. More than 100 cities across all continents, will participate, with a common scientific program, aiming in learning, hands – on practice, interactivity and reflection between trainees and experts in RA & Pain Medicine, during Local Face to Face Meetings.

Pain affects countless lives and knows no boundaries, respecting neither age nor gender. RA & Pain Medicine have the potential to transform lives, offering relief, comfort, and hope to those in need. Our fields remain at the forefront, pioneering a future where pain is no longer a prevailing concern, and aiming to improving the quality of life for people everywhere.

Our initiative is dedicated to the celebration of collaboration and signifies our commitment to partnerships. It is a «Global Call to Action» that serves as a powerful reminder of the collective power we hold to improve access to care and alleviate suffering. By joining hands, we can advance research, share best practices, make a positive impact and enhance patients' care! Together, we can create a world where effective pain management is a universal reality, ensuring that every individual can enjoy a life free from unnecessary pain!

In parallel to our initiative, let us also reflect on the progress we have made and the work that lies ahead. Dedication, expertise, and compassion are the driving forces behind the changes we still seek to make. Let us continue to join hands, share knowledge, and work together to ensure a pain free future for everyone, everywhere. The journey ahead may be challenging, but with unity and determination, we can turn our dream into a reality. Together, we can make a difference!!!

Thank you for your spirit of enthusiasm, for contributing to our mission fulfillment, and for being a part of this global movement.

**Happy 1<sup>st</sup> World Day of Regional Anaesthesia and Pain Medicine!**

*With Cordial Greetings*

**Eleni Moka (Greece)**  
ESRA President

**Sebastien Bloc (France)**  
Chair of the Event  
Organizing & Scientific Committee

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## COMMON SCIENTIFIC PROGRAM ONE DAY, ACROSS ALL CONTINENTS !!!

### Morning Sessions

- We Have Read the Literature for You: Sister Societies Journal Club
- The «Joint» Club: Everything You Need to Know for Shoulder Procedures
- The "Ultrasound" Club: Everything You need to Know for UGRA & POCUS

### Afternoon & Evening Sessions

- Pain Chronification Following Knee Surgery
- Obstetric Anaesthesia: What's New?  
or / and  
Paediatric Anaesthesia: Fostering the Highest Standards
- Hands – On Clinical Workshops
- Human Factors & Communication in Regional Anaesthesia

### Plus, A Lot More...

- LIVE Demonstrations
- Videos & Podcasts
- Funny Sessions
- Surveys Across Countries / Continents
- Awards & Competitions

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## **COMMON SCIENTIFIC PROGRAM ONE DAY, ACROSS ALL CONTINENTS !!!**

- **EUROPE ...**
- **AFRICA ...**
- **ASIA & MIDDLE EAST ...**
- **NORTH AMERICA ...**
- **LATIN AMERICA ...**



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## PARTICIPATING COUNTRIES & CITIES

### EUROPE

#### BALTIC STATES – LITHUANIA

Kaunas

#### BELGIUM

Leuven

#### FRANCE

Paris, La Reunion

#### GERMANY

Marburg, Stuttgart

#### GREECE

Athens, Thessaloniki, Larissa

#### IRELAND

Cork, Dublin, Galway, Letterkenny

#### POLAND

Katowice, Szczecin, Warsaw

#### PORTUGAL

Porto

#### ROMANIA

Bucharest, Cluj–Napoca, Targu–Mures  
Timisoara

#### SLOVAKIA

Banska Bystrica

#### SLOVENIA

Ljubljana

#### SPAIN

Alicante, Barcelona, La Coruna, Madrid  
Marbella, San Sebastian, Sevilla, Valladolid

#### SWITZERLAND

Bern

#### TURKEY

Ankara, Istanbul, Manisa

#### UNITED KINGDOM

Newcastle

#### UKRAINE

Kiev, Vinnitsa, Rivne, Ivano–Frankivsk

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### AFRICA

#### ALGERIA

Algiers

#### ANGOLA

Luanda

#### BURKINA FASO

Ouagadougou

#### CAMEROON

Yaounde

#### DEMOCRATIC REPUBLIC OF CONGO (DRC)

Kinshasa

#### EGYPT

Cairo

#### GHANA

Cape Coast

#### IVORY COAST

Abidjan

#### KENYA

Nairobi

#### LIBERIA

Monrovia

#### MOROCCO

Casablanca

#### MOZAMBIQUE

Maputo

#### NAMIBIA

Windhoek

#### RWANDA

Kigali

#### SENEGAL

Dakar

#### SOMALIA

Mogadishu

#### SOMALILAND

Hergissa

#### ZAMBIA

Lusaca

#### SOUTH AFRICA

Cape Town, George  
Johannesburg, Mthatha  
Nelspruit, Potchefstroom

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### ASIA – MIDDLE EAST

#### BANGLADESH

Chottigram, Dhaka North  
Dhaka South

#### CHINA

Hong Kong

#### INDIA

Bangalore, Cochin  
Coimbatore, Faridabad  
Indore, Jaipur, Kolkata  
Ludhiana, Mumbai  
Odissa, Varanasi

#### INDONESIA

Jakarta, Makassar  
Palembang, Semarang  
Surakarta, Yogyakarta

#### IRAN

Tehran

#### JAPAN

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#### KOREA

....

#### MALAYSIA

Kuala Lumpur

#### MAURITIUS ISLAND

....

#### NEPAL

.....

#### PHILIPPINES

Bacolod City (Visayas)  
Davao City (Mindanao)  
General Trias City (Luzon)  
Manila

#### SINGAPORE

....

#### TAIWAN

....

#### THAILAND

Bangkok, Chiang Mai  
Khon Kaen, Songkhla

#### UNITED ARAB EMIRATES (UAE)

Abu Dhabi

#### VIETNAM

DaNang City, HaNoi  
ThaiNguyen

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## PARTICIPATING COUNTRIES & CITIES

### NORTH AMERICA

#### CANADA

....

for a Canada – Wide Webinar

#### UNITED STATES OF AMERICA (USA)

Chapel Hill, Durham, North Carolina

### LATIN AMERICA

#### COLOMBIA

Bogota

....

#### COSTA RICA

San Jose

#### MEXICO

....

#### PERU

Lima

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# SCIENTIFIC PROGRAM

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08:30-09:00	VENUE: ARRIVALS – REGISTRATIONS
09:00-09:30	WELCOME MESSAGES & ADDRESSINGS
	<p><b>Welcome Video</b> <b>City Representative / City Liaison Person:</b> Opening of the Event (in person) <b>Country Representative:</b> Welcome Message (either in person or via zoom) <b>Sebastien Bloc:</b> Welcome Message – Chair of Event (via live streaming / recording stand by) <b>Eleni Moka:</b> Welcome Message – ESRA President (via live streaming / recording stand by) <b>Sister Societies Presidents:</b> Welcome Messages (possibly recordings, could be live streaming) <b>Others:</b> Other Addressings – Welcome Messages can be added as per each city needs</p>
09:30-09:50	SESSION 1 – PODCAST & INTERACTIVE DISCUSSION
09:30 – 09:40 09:40 – 09:50	<p><b>Chairperson:</b> Local / To be decided <b>Message from RAPM Editor – In – Chief / podcast</b> (approximately 10 min) <b>Speaker – Presenter:</b> Brian Sites (USA) <b>Q&amp;A – Discussion:</b> All (approximately 10 min)</p>
09:30-10:40	SESSION 2 – EXPERTS PANEL & INTERACTIVE DISCUSSION
	<p><b>We Have Read the Literature for You: Sister Societies Journal Club</b> <b>Chairperson:</b> Local / To be decided</p>
09:50 – 10:00	<b>Regional Anaesthesia Article:</b> Local Speaker / To be decided
10:00 – 10:10	<b>Perioperative Care Article:</b> Local Speaker / To be decided
10:10 – 10:20	<b>POCUS Article:</b> Local Speaker / To be decided
10:20 – 10:30	<b>Chronic Pain Article:</b> Local Speaker / To be decided
10:30 – 10:40	<b>Q&amp;A – Discussion</b>
10:40 – 11:00	COFFEE BREAK

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11:00 – 12:15	<b>SESSION 3 – EXPERTS PANEL &amp; INTERACTIVE DISCUSSION</b>
	<b>The «Joint» Club: Everything You Need to Know for Shoulder Procedures</b> <b>Chairperson:</b> Local / To be decided
11:00 – 11:15	<b>Back to Basics: Shoulder Anatomy</b> Local Speaker / To be decided
11:15 – 11:30	<b>Evidence Based Practice: RA Application in Shoulder Surgery</b> Local Speaker / To be decided
11:30 – 12:00	<b>How I Do It: The Shoulder Surgery Pathway</b> <b>Clips from Various Centres of Excellence across the Globe</b> Local Hospitals can make their own clips They can decide what to present from the pool / to be decided at the city level 3 to 4 clips with patients' testimony will be provided by ESRA to be presented
12:00 – 12:15	<b>Q&amp;A – Discussion</b>
12:15 – 13:30	<b>SESSION 4 – EXPERTS PANEL &amp; INTERACTIVE DISCUSSION</b>
	<b>The "Ultrasound" Club: Everything You need to Know for UGRA &amp; POCUS</b> <b>Chairperson:</b> Local / To be decided
12:15 – 12:30	<b>Application of RA Techniques in ER &amp; Trauma Medicine</b> Local Speaker / To be decided
12:30 – 12:45	<b>RA Techniques in ICU: Do They Have a Role?</b> Local Speaker / To be decided
12:45 – 13:15	<b>POCUS Live Demonstration: Enhancing Patients' Safety</b> Local Speaker – Demonstrator / To be decided
13:15 – 13:30	<b>Q&amp;A – Discussion</b>
13:30 – 14:15	<b>LUNCH BREAK</b>

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14:15 – 14:40	<b>SESSION 5 – PLENARY LECTURE &amp; INTERACTIVE DISCUSSION</b>
	<b>Chairperson:</b> Local / To be decided
14:15 – 14:30	<b>Paediatric Anaesthesia Worldwide – Fostering the Highest Standards</b> Local Speaker / To be decided
14:30 – 14:40	<b>Q&amp;A – Discussion</b>
14:40 – 15:00	<b>SESSION 6 – PRERECORDED VIDEO &amp; INTERACTIVE DISCUSSION</b>
	<b>Chairperson:</b> Local / To be decided
14:40 – 14:50	<b>Obstetric Anaesthesia Care – Collaborating Towards Global Progress in Maternal Health</b> <b>Speaker – Presenter:</b> Nuala Lucas (UK)
14:50 – 15:00	<b>Q&amp;A – Discussion</b>
15:00 – 15:25	<b>SESSION 7 – PLENARY LECTURE &amp; INTERACTIVE DISCUSSION</b>
	<b>Chairperson:</b> Local / To be decided
15:00 – 15:15	<b>What's New in Obstetric Anaesthesia – Analgesia</b> Local Speaker / To be decided
15:15 – 15:25	<b>Q&amp;A – Discussion</b>
15:25 – 15:40	<b>SESSION 8 – FUNNY QUIZ &amp; COMPETITION</b>
	<b>Coordinator:</b> Local / To be decided <b>Process:</b> The Quiz Will be Available / Distributed via SLIDO or Similar Platform <b>Result:</b> BEST 3 Responders Worldwide Will Win a Free Registration For PRAGUE Congress
15:40 – 16:00	<b>COFFEE BREAK</b>

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16:00 – 16:40	<b>SESSION 9 – EXPERTS PANEL &amp; INTERACTIVE DISCUSSION</b>
	<b>Pain Chronification Following Knee Surgery</b> Chairperson: Local / To be decided
16:00 – 16:10	<b>Why Me? The «Cargo» of Risk Factors</b> Local Speaker / To be decided
16:10 – 16:20	<b>Transitional Pain Services &amp; Medicine: The Missing Linkage?</b> Local Speaker / To be decided
16:20 – 16:30	<b>Chronic Pain Management: Closing the Gaps &amp; Evidence Based Data</b> Local Speaker / To be decided
16:30 – 16:40	<b>Q&amp;A – Discussion</b>
16:40 – 17:00	<b>SESSION 10 – PRERECORDED VIDEO &amp; INTERACTIVE DISCUSSION</b>
	Chairperson: Local / To be decided
16:40 – 16:50	<b>Human Factors &amp; Communication in Regional Anaesthesia</b> Speaker – Presenter: Barbara Breebaart (Belgium)
16:50 – 17:00	<b>Q&amp;A – Discussion</b>
17:00 – 19:00	<b>SESSION 11 – HANDS ON CLINICAL WORKSHOPS</b>
	For example: 4 stations, 30 min per station, 2h total duration. Topics & Demonstrators to be decided at the local level
19:00 – 19:15	<b>END OF 1<sup>ST</sup> WORLD DAY: QUESTIONS – COMMENTS – DISCUSSION</b>

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